

Ananda Center of Ashland - Calendar of Events

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Practice evenminded calmness all the time. Become a king, an absolute monarch, of your own mental realm of calmness. . . Let nothing disturb your peaceable kingdom of calmness. Night and day carry with you the joy of “the peace of God, which passeth all understanding”.</i></p> <p style="text-align: center;"><i>–Paramhansa Yoganandaji</i></p>					1 New Year’s Day	2
3 10am- Meditation Leader: Patrick Planning Meeting	4	5 Paramhansa Yogananda’s Birthday	6 5:30-7pm Yoga & Meditation Leader: Carol	7	8	9
10 10am- Meditation Leaders: Gwenne Karma Yoga	11	12	13 5:30-7pm Yoga & Meditation Leader: Alan	14	15	16
17 10 am- Meditation Leader: Amber	18	19	20 5:30- 7pm Yoga & Meditation Leader: Alan	21	22	23
24 10 am- Meditation Leader: Michelle	25	26	27 5:30- 7pm Yoga & Meditation Leader: Gwenne	28	29	30
31 10 am- Meditation Leader: Patrick						

The Ananda Yoga and Meditation Center is located at 300 East Hersey Street, Suite 10, Ashland OR 97520
info@anandaashland.org ■ www.AnandaAshland.org ■ (541) 488-7499

Meditation Instruction: Refresh your practice or learn the basic techniques introduced by Paramhansa Yogananda.

If you have questions about yoga or meditation instruction, call Patrick to schedule a meeting. 541-324-6916

Ananda Center of Ashland - Calendar of Events February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 5:30-7pm Yoga & Meditation Leader: Alan	4	5	6
7 10am- Meditation Leader: Gwenne Planning Meeting	8	9	10 5:30-7pm Yoga & Meditation Leader: Patrick Veteran's Day	11	12	13
14 10am- Meditation Leader: Patrick Karma Yoga	15	16	17 5:30-7pm Yoga & Meditation Leader: Amber	18	19	20
21 10am- Meditation Leader: Michelle	22	23	24 5:30-7pm Yoga & Meditation Leader: Gwenne	25	26	27
29 10am- Meditation Leader: Amber	30	<i>Why not consciously attain that Power which never fails you? . . . We make our life complete by contact with God. . . Give your attention to the Almighty Power that is giving you life and strength and wisdom. Pray that unceasing truth flow into your mind, unceasing strength flow into your body, and unceasing joy flow into your soul. -Paramhansa Yogananda</i>				
The Ananda Yoga and Meditation Center is located at 300 East Hersey Street, Suite 10, Ashland OR 97520 info@anandaashland.org ■ www.AnandaAshland.org ■ (541) 488-7499						
<u>Meditation Instruction:</u> Refresh your practice or learn the basic techniques introduced by Paramhansa Yogananda. If you have questions about yoga or meditation instruction, call Patrick to schedule a meeting. 541-324-6916						